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HOUSEKEEPERS' CHAT

MONDAY, June 19, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Economy in Meat Flavor." Information from the Bureau of Home Economics, U.S.D.A.

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How to make a little go a long way--that's a secret every housekeeper needs to know when she must feed her family economically. She needs to know all the little ways of stretching out the more expensive foods and using them with the low-cost foods. She needs to know how to combine those foods having plenty of flavor with those of lower cost that have less flavor.

Take meat, for example. If you must manage on a little money, meat is one of the items that you don't buy recklessly. And you make the most of what you have. No left-over bits of meat go to waste in a thrifty home. Even a very small amount of inexpensive meat will go a long way if you use the flavor to best advantage. Many a tempting main dish contains very little meat but plenty of meat flavor. The way you combine the food is the secret of success.

What are some of these low-cost foods that stretch out the meat flavor--these "extenders" as some people call them. Well, many starchy foods are good for this purpose. As you know, starchy foods as a class are some of our cheapest foods. Potatoes, rice, hominy, macaroni, spaghetti, bread crumbs--all of these make useful extenders for meat. They haven't much flavor in themselves so they take on the meat flavor easily. Combined with a little meat they make good main dishes for economy meals. This isn't a new idea. Thrifty cooks have been doing this for generations. Good, old-fashioned hash is one example of just such a dish made from chopped meat and potatoes. Rice is another starchy food that goes well with meat. So is hominy. So is macaroni and spaghetti. Bread crumbs help extend the meat in scalloped dishes, in meat loaf or in croquettes. Still other useful extenders are biscuits or pie crust--as in meat pie; dumplings--as in chicken fricassee; or toast for meat in gravy or cream sauce.

And that brings up the subject of sauces, another class of well-known extenders. Gravy, white sauce, brown sauce or tomato sauce are some of the most popular. These sauces are especially useful in extending meat left-overs. You can chop the meat or cut it in very small pieces. Then heat it in gravy or in white sauce made with milk or in tomato juice thickened with flour. Meat fixed this way will go even farther if you serve it with a border of hot fluffy boiled rice or steaming hominy or if you serve it over toast or biscuits. Gravy, of course, provides the most meat flavor. If you have no gravy use white sauce and season it carefully. Highly seasoned meats like ham or dried beef are especially good creamed. You can add chopped green pepper, minced parsley, onions or chopped celery leaves for extra flavor. Left-over meat somewhat lacking in flavor is good with tomato sauce seasoned with onions.

So far we've mentioned two kinds of extenders--the starchy foods and the sauces. Many vegetables also make good extenders. A classic example of vegetables used this way is the meat and vegetable stew. Many different vegetables combine well with meat. We've already spoken of the starchy vegetable like potatoes and rice and such full-flavored vegetables as tomatoes, onions and green peppers. But

these are only a few. Mushrooms are favorites with meat. So are carrots, turnips, celery, okra, green peas, string beans, dried beans, lima beans, lentils and corn--fresh, canned or dried. In fact, you can combine almost any vegetable with meat except sweet vegetables like beets and green leafy vegetables. Call on your garden to help you stretch the meat flavor. Or call on your supply of dried vegetables like beans and corn.

Still another meat extender especially nice for hot-weather dishes is gelatin. I don't need to tell how good-looking and good-tasting a jellied veal or chicken loaf is on a hot day. Some people like meat molded in tomato jelly. Green peas or chopped green pepper or even cucumber jellied with the meat add flavor and color.

Fortunately, the cheaper cuts of meat have just as much flavor as the more expensive cuts. And fortunately the rule for making these cuts tender is: Cook slowly in the presence of liquid or sometimes chop the meat before cooking. Though the object is to make the meat tender, this also helps extend the flavor. To develop a fine rich meat flavor, you can brown these less expensive cuts in fat before you add the liquid. And season them with the greatest care. Taste, season and taste again before you allow yourself to be satisfied with any of these combination dishes.

There now. No more sighs about that little bit of meat in the refrigerator and how to make it do for the whole family. With ingenuity and plenty of seasoning, you can convert it into any one of twenty good dishes that cost little yet please the family a lot. Even a humble economy dish like hash can be a family favorite if you make it well.

And that reminds me. Hash is the important item on our economy menu for today --browned beef hash. The menu: Browned beef hash served with some of your homemade horseradish to add a little "zip"; Shoestring carrots cooked in milk; Whole wheat bread; and for dessert; Fresh pineapple and strawberries with powdered sugar.

Now here's the recipe for browned beef hash. Seven ingredients:

2 cups diced cooked beef
4 boiled potatoes
Onion to flavor

Dash of cayenne pepper
Salt
1 tablespoon chopped parsley
Fat

Once more. (Repeat)

Put meat, potatoes and onion through the meat grinder, using the fine knife, or chop very fine together. Add the cayenne and salt to taste and the parsley. Pat the hash in an even layer into a greased pan, and cook over low heat until a golden brown crust is formed. Turn over like an omelet onto a hot platter. Garnish with parsley and serve at once.

Tomorrow: More hints for the home canner.

